

Stagecoach Community Center: Meeting Room 1**Instructor: Lorraine Wilson****Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38641	11:45-12:30pm	W	Sep 10-Oct 15	6c	\$72/\$82
38642	11:45-12:30pm	W	Oct 29-Dec 17	6c	\$72/\$82

For Toddlers

Now is the perfect time for your child to start learning Spanish! At this young age your child can learn Spanish as well as English and be on the path to becoming bilingual! This class is a fun and energetic way for your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a parent participation class: the adult does not need any prior knowledge of Spanish. A \$15 materials fee is due to the instructor on the first day of class.

Stagecoach Community Center: Meeting Room 1**Instructor: Lorraine Wilson****Age: 1Y - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38637	10:45-11:30am	W	Sep 10-Oct 15	6c	\$72/\$82
38638	10:45-11:30am	W	Oct 29-Dec 10	6c	\$72/\$82

The Power of Positive Parenting

Being a good parent is one of the hardest jobs out there. Join Parent Coach, Marla Elliott, for a two-hour workshop to learn practical techniques you can take home that night. Learn positive and empowering skills as Marla answers all your questions and gives you convenient ways to handle the everyday challenges of raising children in our hectic world. Marla has 30 years experience as an early childhood educator, teacher, trainer and parent coach and is herself a parent. New materials are always presented so you can join us more than once. A \$5 materials fee due to instructor at that night.

Harding Community Center: Auditorium**Instructor: Marla Elliott****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38664	6:30-8:30pm	M	Oct 6	1c	\$30/\$40

Harding Community Center: Recreation Hall**Instructor: Marla Elliott****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38665	7:00-9:00pm	Th	Nov 13	1c	\$30/\$40

Waddler's & Me

This weekly class is designed for children who are crawling, scooting, waddling or are starting to move and are ready to explore the world through hands on activities with a significant adult in their life. Through games, music, finger play and assorted creative toys we will engage these children to develop their social language, physical, emotional, cognitive and self-help skills. Dress yourself and your child in comfortable clothes that can get dirty. Be prepared to crawl on the floor and have a ball of fun. A \$15 materials fee is due to the instructor on the first day of class.

Harding Community Center: Recreation Hall**Instructor: Marla Elliott****Age: 6M - 2Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38659	9:40-10:40am	W	Sep 10-Oct 15	6c	\$60/\$70
38660	9:40-10:40am	W	Oct 29-Dec 10	6c	\$60/\$70

Fitness

To read more about our Fitness classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Cardio Sculpt ♥

The best way to rev up your metabolism is to combine cardio, core & resistance components to your workout. In this 50 minute class, we will alternate cardio drills with resistance training while focusing on your core strength and stability for that extra punch. Be prepared to lift weights, use resistance bands, and tone up your heart and body with intense cardio drills. If your goal is to drop a few pounds and firm up your muscles, this is the class for you. Show up and get ready to make some new friends, have fun and get in shape. Your instructor is a Certified Personal Trainer and Sports Nutritionist. All levels of fitness are welcome. Be sure to eat something light and nutritious 1-2 hours before class and bring water, a towel or a mat for floor exercises. Drop-ins \$10.

Stagecoach Community Center: Activity Room**Instructor: Michelle Szames****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38377	8:00-8:50am	Tu/Th	Sep 9-Oct 16	12c	\$75/\$85
38378	8:00-8:50am	Tu/Th	Oct 28-Dec 11	12c	\$75/\$85

Carlsbad Bootcamp ♥

Join us for a high intensity sports conditioning and cardio workout. All levels are welcome. Activities include warm-ups, jumping jacks, push-ups, sit-ups, lunges, squats, exercise drills, cool-down and stretching. You will feel worked out and alive! Eat something light and nutritious 1-2 hours before class and bring water and a towel. Drop-ins \$15.

Magee Park: Heritage Hall**Instructor: Michelle Szames****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38375	9:30-10:30am	Tu/Th	Sep 9-Oct 16	12c	\$90/\$100
38376	9:30-10:30am	Tu/Th	Oct 28-Dec 11	12c	\$90/\$100

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.

Gentle: Yoga ♥

In this gentle, non-competitive yet challenging yoga class, you will learn to listen to and honor your body as you stretch and strengthen it. Standing, balancing and floor postures will create more flexibility and vigor in your spine, joints and muscles. A dance-like flow of yogic movements will rejuvenate your spirit, brain and body. You'll incorporate breathing methods to melt stress away. As you experience all levels coming into harmony, you will naturally carry new ease and grace into your daily life. This is a nurturing class that will inspire you to master new levels. Bring a mat and an empty stomach, and wear loose comfy clothing! Drop-ins \$10.

Calavera Hills Community Center: Activity Room

Instructor: Cynthia Collier

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38379	4:30-5:30pm	W	Sep 10-Oct 15	6c	\$49/\$59
38380	4:30-5:30pm	W	Oct 29-Dec 3	6c	\$49/\$59
38381	5:15-6:15pm	Th	Sep 11-Oct 16	6c	\$49/\$59
38382	5:15-6:15pm	Th	Oct 30-Dec 11	6c	\$49/\$59

Stagecoach Community Center: Activity Room

Instructor: Cynthia Collier

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38383	6:00-7:15pm	F	Sep 12-Oct 17	6c	\$49/\$59
38384	6:00-7:15pm	F	Oct 31-Dec 12	5c	\$41/\$51

Jacki Sorensen's Aerobic Dancing

Dance and tone your way to fitness with a Jacki Sorensen certified instructor. Simple dance routines choreographed for fun (and for the non-dancer, too). Choose your own level. Vertifirm 'standing floorwork' burns more calories. Hand/ankle weights optional. Please bring a mat or towel. Athletic shoes required. Instructor has a B.S. in kinesiology. Participants may choose a 2 day or 3 day session as desired on Monday, Wednesday and/or Friday.

Harding Community Center: Recreation Hall

Instructor: Frances Walters

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38371	8:30-9:30am	MWF	Sep 8-Oct 17	17c	\$72/\$82
38372	8:30-9:30am	MWF	Oct 27-Dec 3	17c	\$72/\$82
38373	8:30-9:30am	M, W	Sep 8-Oct 15	12c	\$48/\$58
38374	8:30-9:30am	M, W	Oct 27-Dec 3	12c	\$48/\$58

Jazzercise ♥

Jazzercise is a 60-70 minute, total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. Join us today – it's your fun way to fitness! Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10. Bring a mat and weights.

Stagecoach Community Center: Activity Room

Instructor: Lori Massey

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38367	9:00-10:15am	MWF-	Sep 8-29	13c	\$38/\$48
	8:15-9:30am	Sa			
38368	9:00-10:15am	MWF	Oct 1-31	17c	\$38/\$48
	8:15-9:30am	Sa			

38369	9:00-10:15am	MWF	Nov 1-29	16c	\$38/\$48
	8:15-9:30am	Sa			
38370	9:00-10:15am	MWF	Dec 1-31	18c	\$38/\$48
	8:15-9:30am	Sa			

Pilates ♥

'Pilates Matwork'

'Pilates Matwork' is a beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of what is referred to as the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Building flexible strength within the center of the body, not only results in muscles that appear longer and leaner, but also improves posture, helps prevent back problems and reduces the risk of injury in all life's activities. The Pilates method has been used successfully in enhancing athletic performance, rehabilitating injuries and improving fitness. Regardless of your age or fitness level, you will be able to successfully participate in this class. Bring your own mat to class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38385	6:40-7:40pm	Tu	Sep 9-30	4c	\$24/\$34
38386	6:40-7:40pm	Tu	Oct 7-28	4c	\$24/\$34
38387	6:40-7:40pm	Tu	Nov 4-25	3c	\$18/\$28
38388	6:40-7:40pm	Tu	Dec 2-30	5c	\$30/\$40

Pilates with a Stretch

Join us in our quest for longer leaner muscles, core strength and stability, fitness and flexibility. This class is easy on the joints and customized for the beginner to the elite athlete. As an added bonus there will be lots of stretching to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. If your goal is to feel and look better, get stronger and improve posture, this is the class for you! Please bring water and a towel. Wear loose comfortable clothing. Drop ins \$6.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38389	6:00-7:00pm	W	Sep 10-Oct 15	6c	\$25/\$35
38390	6:00-7:00pm	W	Oct 29-Dec 3	6c	\$25/\$35

Pi-Yo ♥

Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures, power moves and principles. Together they will help to create a tremendous energy from within. Our focus will be on balance, attention and deep muscle work, to build strength, control flexibility and harmony in the mind and body. Each participant will learn to modify and adapt the moves according to personal ability and level. Please bring a towel, yoga mat and water bottle. Wear loose comfortable clothing. Drop-ins \$6.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38391	6:00-7:00pm	M	Sep 8-Oct 6	5c	\$25/\$35
38392	6:00-7:00pm	M	Oct 27-Dec 1	6c	\$25/\$35

Qigong for Energy ♥

Relax! Rejuvenate! With Qigong. Increase your energy, reduce stress, and strengthen your immune system. Benefit from deep relaxation techniques, and enjoy gentle, fluid, easy to follow exercises that invigorate your entire body and mind through a deepened awareness of your vital energy. 'Qigong' has been clinically proven to improve overall health and well being with a stunning 95% success rate. Students may stand and/or sit in a chair during class. CD, DVD and videos available. All welcome. On-going class. Drop-in fee \$10.

Harding Community Center: Recreation Hall

Instructor: Fay McGrew

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39165	8:00-9:00am	Tu	Sep 9-Oct 14	6c	\$49/\$59
39166	8:00-9:00am	Tu	Oct 28-Dec 9	6c	\$49/\$59

Tai Chi ♥

Beginning

Tai Chi is useful in preventing arthritis, Parkinson's disease, relieving stress, improving balance, and improving bone density. It is extremely beneficial to quiet the mind. Master John Page and co-teachers, Jessica Lee and Lei Kang, will provide instruction in the basic 10 postures of Tai Chi. Students will notice that they have gained a better sense of balance and their stress levels should have decreased noticeably.

Calavera Hills Community Center: Activity Room

Instructor: John Page

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38577	7:30-8:00pm	W	Sep 10-24	3c	\$20/\$30
38578	7:30-8:00pm	W	Oct 1-29	5c	\$20/\$30
38576	7:30-8:00pm	W	Nov 5-26	4c	\$20/\$30
38575	7:30-8:00pm	W	Dec 3-17	3c	\$20/\$30

Intermediate

Students that have completed the Tai Chi - Beginning class for one month will be allowed to join the Intermediate class. In these classes, we will continue the forms up to 30 postures. The student's goal will be to perform postures and their form resembling real Tai Chi both in principle and in practice. Students will also learn 10 forms of standing meditation, which includes 2 to 3 postures of moving meditation, plus 5 animal form stretching exercises.

Calavera Hills Community Center: Activity Room

Instructor: John Page

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38579	7:30-8:30pm	W	Sep 10-24	3c	\$30/\$40
38580	7:30-8:30pm	W	Oct 1-29	5c	\$30/\$40
38581	7:30-8:30pm	W	Nov 5-26	4c	\$30/\$40
39162	7:30-8:30pm	W	Dec 3-17	3c	\$30/\$40

Advanced with Sword

Students that have completed at least 6 months, or upon Master John's invitation, will be allowed to take the Tai Chi Advanced class. We will continue with the forms and posture of the Southern Wu style, completing the full 108 postures with corrections. In addition, we will learn the 128 posture Wu style sword form of the 2nd-generation sword master Wu Nan. Advanced students will prepare for competition at the San Diego & Berkeley International Grand Championships. Advanced Tai Chi students are expected to assist in the Beginning and Intermediate classes.

Calavera Hills Community Center: Activity Room

Instructor: John Page

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38582	7:00-9:00pm	W	Sep 10-24	3c	\$45/\$55
38583	7:00-9:00pm	W	Oct 1-29	5c	\$45/\$55
38584	7:00-9:00pm	W	Nov 5-26	4c	\$45/\$55
39163	7:00-9:00pm	W	Dec 3-17	3c	\$45/\$55

Yoga ♥

Beginner/Intermediate

This is an active, moving Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice. In addition to stretching and strengthening your muscles, joints, and spine, practicing Yoga improves your coordination and balance. You will learn breathing techniques that will nourish your brain, reduce your stress level, and improve your ability to concentrate – but one of the greatest benefits is the feeling of calm and wellbeing that comes over you after a practice. No previous yoga experience necessary. You will need to bring your own yoga mat to class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38401	5:30-6:30pm	Tu	Sep 2-30	5c	\$30/\$40
38402	5:30-6:30pm	Tu	Oct 7-28	4c	\$24/\$34
38403	5:30-6:30pm	Tu	Nov 4-25	3c	\$18/\$28
38404	5:30-6:30pm	Tu	Dec 2-30	5c	\$30/\$40
38405	6:00-7:00pm	Th	Sep 4-25	4c	\$24/\$34
38406	6:00-7:00pm	Th	Oct 2-30	5c	\$30/\$40
38407	6:00-7:00pm	Th	Nov 6-20	3c	\$18/\$28
38408	6:00-7:00pm	Th	Dec 4-18	3c	\$18/\$28

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. This is an active moving Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. No previous Yoga or Pilates experience is necessary. Please bring a yoga mat.

Senior Center: Auditorium

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38393	6:00-7:00pm	M	Sep 8-29	4c	\$24/\$34
38394	6:00-7:00pm	M	Oct 6-27	3c	\$18/\$28
38395	6:00-7:00pm	M	Nov 3-24	4c	\$24/\$34
38396	6:00-7:00pm	M	Dec 1-29	5c	\$30/\$40
38397	6:00-7:00pm	W	Sep 3-24	4c	\$24/\$34
38398	6:00-7:00pm	W	Oct 1-29	5c	\$30/\$40
38399	6:00-7:00pm	W	Nov 5-26	4c	\$24/\$34
38400	6:00-7:00pm	W	Dec 3-17	3c	\$18/\$28